

Foster Puppy Worksheet

Thank you for volunteering to foster one or multiple puppies for The Anti-Cruelty Society!

Please complete this worksheet during the course of your foster time and turn it in to our Receiving Department when dropping off your foster/s. This sheet will help us ensure that each puppy is receiving age-appropriate socialization and exposure to sights, sounds and experiences that will help them build a proper behavioral foundation.

Foster Volunteer Name _____

Foster Pick-Up Date _____ Foster Return Date _____

Name of Puppy	Physical Description	Sex

Puppies raised in an enriched, stimulating environment have a more complex web of neuro-pathways. They are better able to handle changes and stress, have better problem solving abilities and are less nervous/hyperactive. To encourage this level of development – practice each of the following exercises for 3 to 5 seconds once a day.

- **Tactile stimulation** - holding the puppy in one hand, gently stimulate (tickle) the puppy between the toes on any one-foot using a Q-tip. It is not necessary to see that the puppy is feeling the tickle.
- **Head held erect** - using both hands, hold the puppy perpendicular to the ground, (straight up), so that its head is directly above its tail. This is an upward position.
- **Supine position** - hold the puppy so that its back is resting in the palm of both hands with its muzzle facing the ceiling. While on its back, the puppy is allowed to struggle.
- **Thermal stimulation** - use a damp towel that has been cooled in a refrigerator for at least five minutes. Place the puppy on the towel, feet down. Do not restrain it from moving.



Age Specific Exercises:

Age 3 to 4 weeks

- 5 to 10 minutes of individual handling/gentle restraint apart from the litter each day
- Introduce household objects
- Introduce brushing
- Introduce general inspection/restraint
- Introduce new surfaces (rugs, tile, grass, etc.)
- Introduce novel household noises at a distance or low level (vacuum, phone, hair dryer, oven timer etc.)
- Introduce safe sensory toys (toys that stimulate multiple senses)
- Begin meeting new people

Date	Describe Activities Completed



Age 4 to 5 weeks

- Begin/continue weaning process (when applicable)
- 10 minutes of individual handling/gentle restraint apart from litter each day
- Continue introducing new household objects for inspection
- Introduce safe chew toys
- Continue brushing/routine inspections
- Introduce short car rides (if you don't drive – walks around the block in a carrier work too!)
- Increase level/proximity of household noises
- Share high valued chew toys with individual puppies
- Begin reinforcing outdoors for elimination
- Continue meeting new people
- Begin meeting safe, friendly dogs, cats and other animals

Date	Describe Activities Completed



Age 5 to 6.5 weeks

- 10 minutes of handling/appropriate play apart from litter each day
- Continue brushing/routine inspections
- Introduce collars
- Short trips to safe new places (in pairs if fostering multiples)
- Pet/gently handle puppy while it is eating food/chewing high valued chew toys
- Continue meeting new people (don't forget children!)
- Begin teaching positive reinforcement for sitting, jumping, mouthing

Date	Describe Activities Completed

